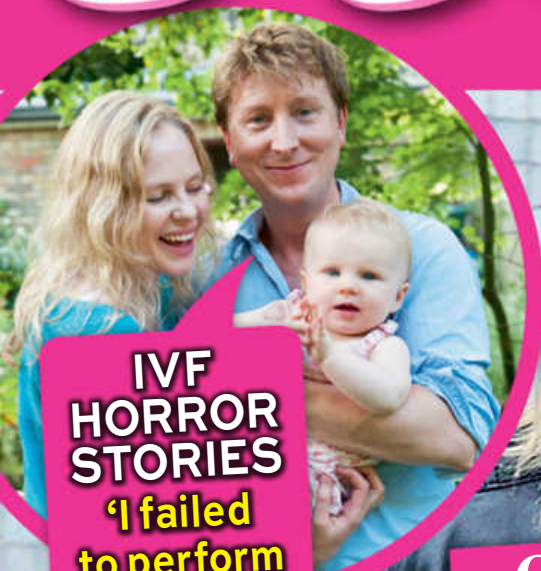


PAUL MCKENNA SHOCK

Lifestyle guru
accused of failing
to cure his *own*
demons

11 AUGUST 2015 ISSUE 31

best



IVF
HORROR
STORIES
'I failed
to perform
at the clinic!'

CLAIRE
RICHARDS

'OBSESSIVE
DIETING
RUINED MY
CHANCES OF
HAVING A BABY'

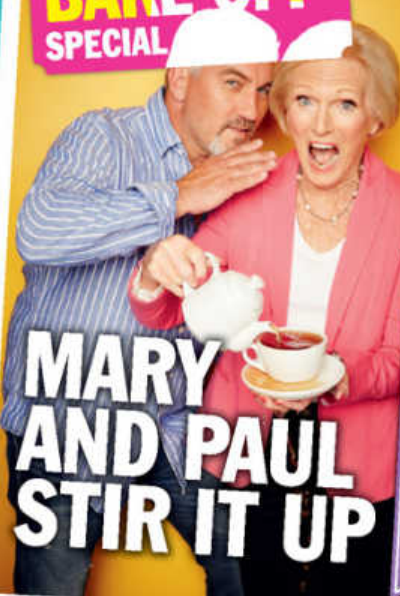
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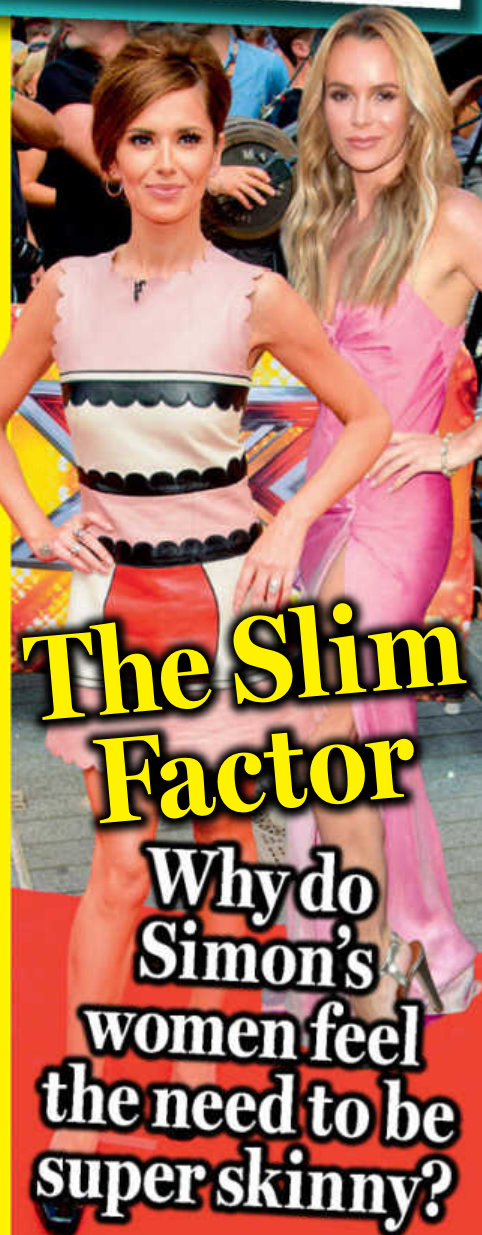
MARY BERRY'S
CHOCOLATE
SNOW-STOPPERS



SECRETS FROM WINNER
FRANCES QUINN



YOUR ESSENTIAL
TOOLS FOR THE JOB



The Slim
Factor

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super skinny?

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* 1 scoop of DAZ gives you as brilliant whites as 1 ½ scoops of the UK best-selling regular bio discounter powder at reco dosage.
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Easy **Daz** it

best Contents

Ready, set, bake!



No matter what else may change around us, there's a comforting predictability about British summertime.

We'll always have a spell when it's colder than Russia. And sales

of BBQs, charcoal and strawberries will always rocket, regardless of this. There will always be a bad day for cricket fans (apparently), and a worse day for festival-lovers. Someone, somewhere, will tell us how to get the perfect beach body, and, if you're lucky enough to live near a beach or park, you'll suddenly find yourself sharing it with a million schoolchildren. Thankfully, it's also time for another great summer institution – the return of *The Great British Bake Off*. To this end, we've brought you our *Best Bake Off Special* – bringing together exclusive interviews with the hosts, recipes, baking gadgets and our runners and riders on the brave folk hoping to lift that trophy (p32). So sit back, enjoy, and be thankful your Victoria sponge can be made in the privacy of your own kitchen.

Jenny Vereker, Executive Editor



Mary Berry and Paul Hollywood return to our screens

24

The new hopefuls are raring to prove their cake credentials!



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THE news edit

2

THREE A-LIST ACTRESSES CELEBRATED THEIR BIRTHDAYS IN STYLE

with Helen Mirren, 70, Jennifer Lopez, 46, and Sandra Bullock, 51, looking years younger than their ages.

Evergreen Helen Mirren, who's married to US film director Taylor Hackford, declared in typically frank fashion, 'Your forties are good, your fifties are great, your sixties are fab - and 70 is f***** awesome.'

Meanwhile J.Lo was in New York to celebrate her 46th birthday in a jaw-dropping little black dress that showcased her enviable figure. The mum-of-twins partied at club IOAK with boyfriend Casper Smart, 28.

Also celebrating was Sandra Bullock, who is entering her 50s looking as fabulous as ever, and enjoying life as mum to adopted son Louis.

BIRTHDAY GIRLS

EYE CATCHING!

OUR FAVOURITE FEMALE PILOT CAROL VORDERMAN AND COMIC EDDIE IZZARD made quite the couple at the *Mission: Impossible - Rogue Nation* London premiere. Carol, 54, showed off her figure in an über-cool £325 self-portrait dress. Meanwhile, Eddie, 53, flew the flag for men in skirts with a red mini.

SPLITTING UP – DAYS AFTER MARRYING!

WE WERE FASCINATED BY C4 SHOW MARRIED AT FIRST SIGHT but last week fitness trainer Katie Stewart, 31, found her hubby of two weeks Jason Knowles, 34, on Tinder! Seriously, Jason, did you think no one would see? 'The ring's coming off,' fumed Katie. 'You swiped right on one of my friends. I'm leaving.' Ouch! It seems whatever way you pick a groom, there is always a risk. Here's to lady luck!



See
how they
GROW!

► **Twenty-four-year-old Freya** towered above mum Jennifer Saunders at a screening of new film *Trainwreck* in London's Soho Hotel. The youngest of three daughters with hubby Ade Edmondson, 58, [the couple also have Ella, 29, and Beattie, 28] the blonde twosome giggled away at the flick which stars US funny gal Amy Schumer. Looks like a laugh a minute!



5

SIXTY YEARS OF THE HARD SELL

WHETHER YOU LOVE THEM, OR THEY MAKE YOU REACH FOR THE REMOTE, TV ADVERTS

are part of our national consciousness – with some of them making more impact on us than the shows they interrupt. The first ever TV ad, Gibbs SR Toothpaste (above), appeared 60 years ago this year. So, to celebrate the TV landmark, here's a pick of our favourite ads...

Gold Blend Never has coffee simmered with so much sexual tension. From 1987, Sharon Maughan and Anthony Head got steamy, until finally kissing in 1993.



Levis 501s Heart-throb Nick Kamen stripped in a laundrette to the strains of Marvin Gaye... and sales of 501s jeans rocketed.



Flake 'Only the crumbliest flakiest chocolate...' Dewy-eyed ladies flounced through meadows eating Flakes. The ads were a hit with middle-aged men!



Smash The instant mash potato-loving Martians were a fixture of life in the 70s with its catchphrase, 'For mash, get Smash.'



Shake n' Vac 'Do the Shake n' Vac and put the freshness back!' Vacuuming was never as much fun as the Shake n' Vac lady made it appear.



THE news edit

HELLO, BABY – IT'S THE LOOK OF LOVE

6

THEIR FACES FULL OF DELIGHT, A COUPLE MEET THEIR ADOPTED BABY DAUGHTER FOR THE VERY FIRST TIME.

With a photographer capturing the moment, David and Sarah Olsen went to the hospital, in Florida, USA, to be introduced to newborn Tilly Pearl, having found out the day before they'd been approved to adopt her. Already parents to two sons, they were warned not to have any more biological children.

'We knew that we wanted three. Something in my heart wasn't done yet,' said Sarah. Photographer and friend Kristen Prosser was on hand to record the event, 'I got to be part of this incredible moment with one of my best friends. It was one of the most special moments of my life.'



8

HIGH FASHION, LOW BUDGET

PRIMARK'S DONE IT AGAIN!

The first offerings of their new season allow us to dabble in new trends without splashing the cash, so if you're bored of your summer wardrobe, head there now.

Grey ribbon
ghillie shoes, £16

Zip duffle
bag, £12

THE GREEN GODDESS

**ACTRESS
BROOKE SHIELDS**

may have hit the big 50 earlier this year but gravity doesn't seem to have put in an appearance yet. Wearing a revealing green bikini on holiday in Mexico the star revealed, 'Exercise helps me beat stress, I go for a run and deplete myself physically.' Pass the trainers!

9



WORDS HELEN PIKE, JAYNE SAVVA &
SOPHIE WARNER PICTURES KRISTEN PROSSER/
KRISTENANNEPHOTOGRAPHY.COM, REX FEATURES, STUDIO 33



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Shrinking for S



Cheryl at Manchester's X Factor auditions in July

Recent photos of Cheryl Fernandez-Versini looking thinner than ever have shocked the nation.

Concerns were raised after she appeared at the *X Factor* auditions in Manchester wearing a crop top, exposing her skinny ribs and waist.

Boss Simon Cowell claimed her tiny frame was due to a bug, while Cheryl put her weight loss down to grief after losing her father-in-law.

She hit back at her critics for 'body shaming' her. 'I'm so sick of people thinking it's OK to be

mean or body shame anyone,' she said. 'Have some respect and maybe think there may be reasons why before opening your mouth please.'

But Cheryl's not the first female judge to shed the pounds before joining Simon on the panel of one of his TV talent shows...

At 5ft 6in tall, Alesha Dixon has always been a striking figure.

But when she first found fame in the R&B girl band Mis-Teeq in the early Noughties, she was curvy.

The trio disbanded in 2005 and Alesha went on to win *Strictly Come Dancing* and became a judge on the show.

She quit in 2012 to join *Britain's Got Talent*.

After having her first baby, Azura Sienna, in 2013, Alesha, 36, claimed she wasn't rushing to get her pre-pregnancy body back.

'I haven't been obsessively training or dieting,' she said at the time. 'I wanted to let nature take its course. I always try to eat healthily, but I've not deprived myself

of anything.'

But despite that, Alesha certainly cuts a different, much slimmer figure since she joined the *BGT* panel.

Fellow judge Amanda Holden, 44, has undergone a similar body transformation.

She's never been big. But look at photographs of her before she joined *BGT* in 2007 and you'll see that she's gone from slim to skinny.

Prior to that she'd had success acting in TV shows such as *Wild At Heart*.

In January 2006, she had her first daughter, Lexi, with her husband Chris Hughes. In January 2012, she went on

ALESHA DIXON



JAN 2009

BGT's Alesha (above) six years ago, and in February

to have her second, Hollie.

Speaking two months after what had been a traumatic birth, Amanda said she was back down to 8st 7lb and put it down to 'good genes'.

Since joining *BGT*, Amanda has also taken up Kundalini yoga, which she said made her body toned and got rid of any excess body fat.

In 2011, it was announced that Tulisa Contostavlos, 27, would be the new judge on *The X Factor*.

As a member of the band N-Dubz, she'd shown off a curvaceous body in figure-hugging outfits.

She admitted that her weight has been up and down. 'I've fluctuated my

AMANDA HOLDEN



imon

Cheryl's looking skinnier than ever, but she's not the first of Simon Cowell's girls to look lean on screen



AMANDA
DEN

OCT
2005



Amanda 10 years ago (inset), and the BGT judge last month

TULISA

Curvy Tulisa (below) four years ago, and the former *X Factor* judge in July



AUG
2011

CHERYL
FERNANDEZ-
VERSINI



JUN
2006

Svelte Cheryl last month and (above) in 2006



whole life, like most women do,' she said.

But her two-year stint on *The X Factor* panel seemed to have the same effect as it has on Cheryl, who at the time she replaced.

In the first series, Tulisa mentored Little Mix to victory. But after being dropped from the show,

splitting with then boyfriend Danny Simpson, and facing a drugs scandal all in 2013, she lost even more weight.

Pals said that, at this tough time, she lost her appetite and dropped a dress size.

So why are these stars slimming so much? It seems sitting with Simon Cowell might be the answer.

When Cheryl was dropped from the US version of the show in 2011, Simon claimed one of the reasons was because she'd put on a bit of weight and wasn't herself.

Could even these slim judges feel the pressure to be skinny once on the panel?

Whatever it is, Cheryl is not alone. But we hope Simon

was being honest in his support of her trying to put a few pounds back on.

He said, 'I think the way she's approaching what was addressed about her weight in a very open way – by saying she is thin and is trying to put on weight – is great.'

Let's hope he means it.

WORDS LAUREN CUMMING PICTURES CAMERA PRESS, CORBIS/THAMES TV/ SYCO, FAMOUS, PA PHOTOS, REX FEATURES, WENN, XPOSURE

The lifestyle guru is hitting back at an explosive US legal battle claiming to expose him as a drug addict and alcoholic

Paul the f

TV hypnotist turned self-help guru Paul McKenna, who has helped millions battle their demons, is fighting his own battle with substance abuse, according to shocking allegations.

McKenna's ex-fiancée, Clare Staples, 50, has filed an explosive lawsuit in the US claiming the star has addictions to cocaine, prescription pills and alcohol.

Staples, originally from Surrey, is making a legal bid for a huge chunk of his reported £65 million fortune, including half a share of his £4.3 million mansion in the Hollywood Hills and full ownership of an £800,000

INTERNATIONAL FAME

Paul McKenna has blasted the claims as 'absurd'

He rose to stardom through his hypnosis work

It is alleged that he drank alcohol during a US chat show

McKenna faces fight of his life

Californian ranch.

But 51-year-old multi-millionaire McKenna, who has built his successful career helping stars such as Robbie Williams and Russell Brand fight their drink and drugs addictions, has branded the case 'absurd'.

'The US Courts are notorious for the inclusion of completely false allegations made for tactical purposes by people who otherwise have no case,' said his lawyers.

'Clare Staples' allegations are absurd and there is no evidential support for them. She has already abandoned other claims because they are provably untrue.

'This is a clear attempt to besmirch Mr McKenna's good name.'

However, in court papers filed in Los Angeles last month, Staples accused McKenna of being trapped in a 'downward spiral of addictions' leaving the star at 'breaking point.'

Staples, herself a former addict now in recovery, says he drank Jack Daniels and cola during a 10am talk show interview with US TV star Ryan Seacrest before becoming enraged outside his Hollywood mansion.

She alleges he had to be 'physically restrained' from attacking a worker.

Staples also claims McKenna demanded that a

female TV producer on the *Lorraine* show should be fired for asking if he was drunk during a phone call and that he was so 'wasted' during a £16,000 two-day private seminar at his Kensington home, that one attendee demanded, and received, his money back.

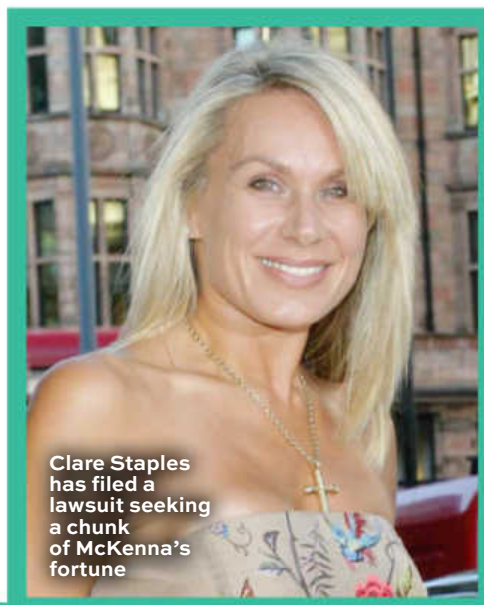
Staples also claims he hosted booze and drug-filled parties at his sprawling Hollywood Hills home, behaving 'erratically' and causing his guests concern.

She says by the summer of 2013 his cocaine, alcohol and prescription pill addictions had become so bad 'he could no longer be trusted to follow through on business commitments.'

The court papers also name self-help gurus Michael Neil and Sean McFarland, who Staples allegedly begged to stage an intervention to help the star.

'Clare enlisted the help of friends in the same business but Paul rejected all offers,' it is claimed.

'Many of his friends are desperately fearful for him.' Mr McKenna's lawyers



Clare Staples has filed a lawsuit seeking a chunk of McKenna's fortune

'He was trapped in a spiral of addictions'

have refuted all of Staples' claims.

'These are just further allegations made by a greedy woman who Paul McKenna has

supported for 20 years by funding her luxury lifestyle, paying her medical bills and helping her fight her own demons.

'She is now attempting to extort millions of dollars from him in a US legal action and these allegations are just a desperate attempt to bolster an otherwise hopeless claim.'

In response, Staples' lawyer said, 'It's time for Paul McKenna to face reality, honestly cope with his serious addictions and honour his commitments to his former business

partner and friend.'

McKenna and Staples first met in 1990, three years before he shot to fame as a hypnotist on ITV.

He invited her on stage to be hypnotised during one of his live theatre shows in London and they started dating.

Engaged within a year, the pair never married, but she became his manager, publicist and spokesperson.

Staples says she used her showbiz contacts to 'class up his act' and transform him into a major celebrity.

They split up in 1995 but Staples says they continued to work together, publishing 16 books and releasing numerous self-help tapes.

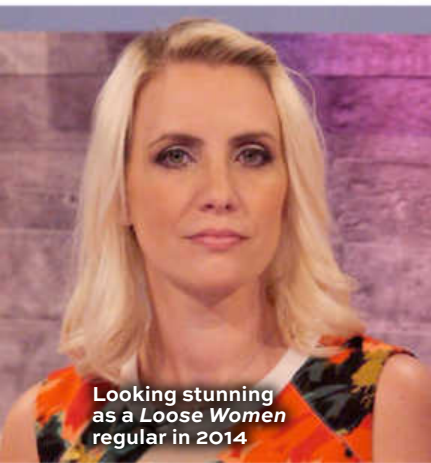
She claims McKenna fired her in 2013 but in his counter lawsuit, filed in London's High Court this month, McKenna asserts they went their separate ways in 1996.

'I agreed to give her half the net funds in our joint bank account, around £75,000, and half the interest on my London property.'

He claims she had no involvement in any of his hugely lucrative books.

McKenna, who has sold more self-help books than any other author in the UK, including bestseller *I Can Make You Thin*, has been engaged to his long-term personal assistant Kate Davey since October.

I've put my body to – now I can't conc



Looking stunning
as a *Loose Women*
regular in 2014

For the first time since chart-toppers *Steps* disbanded, almost 15 years ago, singer Claire Richards is once again a petite size 10. It appears that the girl known as much for her weight issues as her singing has finally beaten the battle of the bulge.

But perhaps her quest for the perfect body has cost her too dearly.

'It would seem so,' she agrees. 'Years of starving myself or binge-eating have taken their toll. We all focus so much on what the outside of the body looks like, but no one really thinks about what's happening inside the body, do they? When I hit 20st [in 2007], all I thought was, "Why have I got like this? I'd better go on another diet."'

*Maybe I don't
deserve to
be third
time lucky'*

Claire Richards believes that years of obsessive dieting may have left her unable to have her longed-for third baby...

Talking exclusively to *best*, Claire revealed how a recent blood test showed that years of diets might have damaged her hormones to such an extent that she'll never have more children.

'Pretty ironic, because the only reason I went on that last one was to help me get pregnant,' the 5ft 6in star sighs. 'Now I have the body everyone seems to want but, after years of putting it through hell, I find myself in the predicament of being unable to conceive.'

Claire's latest weight issues began in 2013, when a doctor told her that her size might be a factor in her inability to get pregnant. She had just left the *Big Brother* house, and was an average size 16.

'I was comfortable and happy, and I knew how to dress myself. But I so wanted a third baby.'

Two years on, and weighing just 9st 10lb, Claire still hasn't conceived.

'Maybe I don't deserve to be third time lucky,' she

says softly. 'The doctor says I could try IVF, but I'd never dream of doing that; so many couples desperately want their first child, and we already have two. I'd never take that chance away from anyone.

'I've done this to myself. Yes, I wanted three kids, but now I'm just going to leave it up to nature.'

So how does hubby Reece feel about the decision?

'He agrees. We both realise we're very lucky to have Charlie [eight] and Daisy [five], plus Reece's daughter Olivia [16], and a lovely home. A lot of people don't have any of those things.'

Claire has also ruled out adoption and fostering for

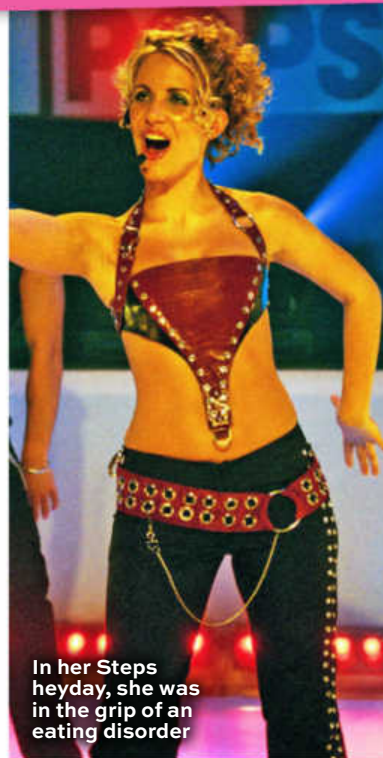
the time being. 'We're still coming to terms with not having another child of our own,' she explains.

She's also focusing on her career. Last week, she sang solo at the Royal Festival Hall [as part of a tribute to music producer Pete Waterman], and is working on a new solo album.

She's also keen to maintain her size 10 body.

'I want to stay healthy, and I like the way I look – despite

CLAIRE'S UPS & DOWNS



In her *Steps* heyday, she was in the grip of an eating disorder



A lot curvier in April 2008

Through hell eive

still needing my Spanx to hold in the mummy tummy!' she laughs.

'Besides, I'm 38 in a couple of weeks, and it's time I looked after myself - I don't think my body needs another round of bingeing and dieting.'

So how does she intend to keep the pounds off?

'I watch what I eat, and I like juicing - it gives you energy. Eating badly makes you feel rubbish! I walk everywhere. I may even take up kickboxing,' she muses.

'Life is just so much easier physically and mentally.'

She'd love to add to her happy family

'I may not have another baby, but I'm happy - my life is pretty amazing compared to some.'

'Everything happens for a reason... and who knows what's round the corner?'

By 2012, she was looking heavier



This year, she's been a woman on a mission





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The beauty might soon be single again...

Lonely Kate

Reportedly on the brink of ending her marriage, supermodel Kate Moss is looking increasingly isolated...

After tying the knot with The Kills guitarist Jamie Hince, Kate, 41, hoped she'd finally found her Prince Charming.

But, after just four years of marital bliss, there are reports that the marriage is on the rocks.

No official statement has been made, but the pair haven't been seen together since 29 May.

In June, Jamie was at Glastonbury, Kate's favourite music festival, without her.

Kate was reportedly on a girls' weekend, but most of her girlfriends, including bestie Sadie Frost, were at Glasto.

Numerous reports of rows between the couple have surfaced and, while there is no suggestion that Jamie is anything other than friends with bandmate Alison Mosshart, she has never been close to Kate.

Two years before the couple wed, The Kills frontwoman Alison

reportedly insisted Jamie leave Kate behind on their Australian tour. He agreed.

Then, at their 2011 wedding, the rift deepened when best woman Alison gave a speech on 'how to

keep a man'. Ouch.

And now, Jamie is set to go on a six-week tour of the US, leaving Kate home alone.

Another issue is the rocker's friendship with aristocrat Lady Mary Charteris, wife of The Pink's lead singer Robbie Furze.

According to reports, the supermodel didn't take kindly to Lady Mary chatting to her husband at a party in 2013, and pushed the 26-year-old into a swimming pool!

Again, there is no suggestion that Jamie is anything other than friends with the aristocrat.

It's no secret that the mum-of-one struggled with her previous relationship.

Her two-year car crash affair with Pete Doherty started at her 31st birthday party and ended with them both checking into rehab for cocaine addiction.

'I was a bit unhinged at that time,' a heartbroken Pete later admitted.

Stepping away from the chaos paid off when Kate met Jamie in 2007.

He didn't approve of her partying and was always encouraging her to stay off alcohol and cigarettes.

But it seems he has grown tired of the reported rows.

Last week, he was spotted in a London café, with his wedding ring but, poignantly, without his Kate.

So, is there hope for the couple? Only time will tell.



...but Jamie is still wearing his wedding ring for now

2011



The couple tied the knot just four years ago

2013



Lady Mary Charteris (left) with Jamie at Paris Fashion Week

Too much,

They have the world at their feet. So why are so many children of celebrities in self-destruct mode?

The tragic death of Whitney Houston and Bobby Brown's daughter Bobbi Kristina shocked the world last week. Is living their lives in the spotlight what's pushing superstar children over the edge? We ask what went wrong...

LIKE MOTHER, LIKE DAUGHTER

Bobbi Kristina Brown The recent death of the troubled 22-year-old took place in tragically similar circumstances to that of her superstar mum, Whitney Houston, three years earlier.

Growing up, talented Bobbi Kristina performed to rapturous applause along with her mum. But behind closed doors, her upbringing was far from stable, with Whitney admitting her marriage to Bobby Brown was 'drug and alcohol-fuelled'.

By the time Bobbi was 14, her parents had divorced, and she was believed to be taking drugs herself. Over the next five years, there were reported – and denied – trips to rehab.

The teenager was left devastated when Whitney was found drowned in a hotel bathtub in February 2012, with cocaine use later cited as a factor in her death.

In January, Bobbi Kristina, the heiress to a \$20 million fortune, was found unconscious, also in the bath, amid reports of a drugs overdose.

She was taken to hospital and put in an induced coma, but never regained consciousness, and died last week. An initial autopsy showed 'no obvious underlying cause and no significant injuries'.

Police are now investigating what exactly happened.



DAMAGED BY DIVORCE?

Cameron Douglas His dad, actor Michael, may be a devoted parent to the children he shares with Catherine Zeta-Jones – Dylan, now 15, and Carys, 12 – but he has admitted the same could not be said about his first-born, son Cameron, from his marriage to Diandra Luker.

'My career was really just getting started. I was gone more than I should have been,' he conceded.

The marriage ended after Michael admitted his own battles with booze, and teenager Cameron started drinking and taking drugs himself. By the age of 20 he was injecting cocaine and, by 25, he'd moved on to heroin.

In 2010, Cameron was jailed for nine years after being caught selling heroin and methamphetamine. He's expected to be released in early 2018.



too young



REBEL WITHOUT A CAUSE

Chester Hanks In November last year, the 25-year-old rapper son of Tom Hanks took to social media to reveal, 'I've been struggling with substance abuse since I was 16 years old. Finally, at the age 24 I decided to get some help.' But in June, Chester, also known as Chet Haze, was seen drinking champagne and vodka after an appearance at a London nightclub. Later that night, he allegedly smashed up his hotel room. His A-list dad has never commented on his son's struggles.

LIVING UP TO PERFECTION

Chloe Lattanzi For more than four decades, Olivia Newton-John has maintained her girl-next-door image. But for her only daughter, Chloe Lattanzi, growing up in her shadow was a strain. Chloe, who had her own record deal by 15, blames anxiety for sending her life into a self-destructive spiral, beginning with anorexia and ending with cocaine, vodka and antidepressant abuse. She said, 'Fame messes you up. I don't blame my mother for my problems, but I would never want to be famous or raise a child of my own around the cult of celebrity.'



GROWING UP IN THE PUBLIC EYE



Tallulah Willis The youngest daughter of actors Bruce Willis and Demi Moore has said that growing up in the public eye made her a harsh self-critic. At 13, she was diagnosed with body dysmorphic disorder. She was also deeply affected by the divorce of her parents in 2000, when she was just six, as well as her mum's rehab stint in 2012, according to reports. By then she herself had been arrested for underage drinking.

In July 2014, she checked herself into The Meadows treatment centre in Arizona, to deal with her alcohol and cocaine abuse. Now 21, Tallulah is clean, but is in the glare of publicity again – the accidental drowning of a young man in the family pool, just two weeks ago, has put the Moore-Willis family very much back in the spotlight.

**Psychologist
Dr Becky Spelman
says,** 'The children of

celebrities often feel pressure to match, or even surpass, their parents' success, and media attention can make them feel they're being judged by millions of people around the world. This can lead to feelings of inadequacy and isolation. A celebrity lifestyle also offers relatively easy access to recreational substances. Left unchecked, this can lead to addictions or anti-social behaviour.'

**theprivatetherapyclinic.
co.uk**



WORDS LAUREN CUMMING PICTURES GETTY INFO PHOTO.COM REX
JIM RUYMEN/REUTERS/CORBIS, JIM SNEAL/BEI/REX SHUTTERSTOCK

The his & hers guide to IVF

A new book lifts the lid on what fertility treatment is really like – from both sides of the gender divide

An incredible 3.5 million Brits suffer with infertility, and around 1 in every 50 babies born in the UK is now conceived by IVF.

Behind these stats are countless stories of heartbreak and unimaginable joy as couples ride the roller coaster of infertility.

Rosie and Richard Mackney, from London, know the toll this can take on you and your relationship.

That's why, when they had their beautiful baby girl after three rounds of IVF, they decided to share their experiences to help others embarking on the daunting infertility journey.

ROSIE'S EXPERIENCE

I had it all worked out: meet someone by the time I'm 30, get married by age 32, have my first baby at 34 and my second at 36. Perfect.

I'm a TV producer, used to achieving my goals, and things seemed to be going according to plan. I met Richard when I was 27, and we got married when I was 32.

But two years into our marriage, there was still no sniff of a pregnancy.

I was getting increasingly hysterical with thermometers, ovulation kits and multivitamins until, eventually, we had to face

the grim reality of infertility.

We were diagnosed with 'unexplained infertility'.

Finally, in 2011, we started our first round of IVF, supported by the NHS.

We listened carefully to the instructions about the drugs and injections, but Richard's questions were dismissed with a 'you've got the easy job!'

I injected myself twice a day for three weeks. On egg collection day, they retrieved 13 eggs from my swollen ovaries. Afterwards, I went back to my parents' while Richard was tasked with providing his sperm sample in a clinic across town.

Unfortunately, Richard's failure to 'perform' under pressure led to our first cycle being a negative.

When I got the call from the nurse, telling me that Richard wasn't able to provide his sperm sample, I was crushed.

But I knew we had to move on. So I found out all I could about IVF online, and we scraped together the £7,000 for a

private clinic.

I signed up for acupuncture and hypnotherapy, and this time Richard froze his sample.

When we were rewarded with our first-ever positive pregnancy result, I was whooping for joy. But, six weeks later, I miscarried.

In 2013, our third cycle of IVF resulted in a positive result, but there was no celebration. The first weeks of pregnancy were scary, and only after our 20-week scan did I start to trust it.

Our beautiful baby Molly was born in November 2013, and it still feels like a dream come true.

IVF was hard and we definitely made some mistakes. Our guide is the book we wish had been around when we were doing IVF, and we hope it will help others get their positive result, too.

Holding Molly for the first time felt like a dream come true

RICHARD

During the whole IVF process, I was treated as a seed dispenser.

I was told that I had the 'easy job'. Just turn up and do my business in a booth.

Actually, not so easy. The pressure of four years of childlessness, that we'd have to pay for another round of

We couldn't wait to meet Molly

My girl and me

Everything Richard and I went through was worth it

ROSIE & RICHARD'S IVF TIPS

FOR HER

- Don't tell everyone you're doing IVF.
- Commonly, you'll have to mix your own fertility drugs. Don't leave the clinic without understanding it fully, as it's quite complicated.
- Get an 'injector pen'. The spring-loaded needle 'shoots' the drugs in pretty painlessly.
- Take a couple of days off work after embryo transfer. Watch feel-good films that will raise your endorphins, eat good food and rest.

FOR HIM

- Don't be fobbed off. It's very easy to be left out of the whole process, as all the focus will be on your partner.
- Freeze your sperm sample. It takes away all the pressure of egg-collection day. Fresh is as good as frozen, just like peas.
- Be prepared for the emotional effects on her – mood swings, irrational tantrums, and crying at a photo of a kitten in a hat.
- Be supportive. Men won't understand what a woman is going through (and vice versa). Talk as much as you can, and be nice to each other.



● **Get A Life** by Richard Mackney & Rosie Bray, £9.99, Amazon, Orion Books

'The first weeks of pregnancy were scary'

IVF if this one failed, plus the sound of other men in other booths doing their business all just got to me.

Going home to a childless wife who's taken fertility drugs for a month after ruining a free round of IVF because I couldn't produce a sperm sample isn't the best recipe for a

happy marriage.

Second time round, we left nothing to chance and had my sperm frozen.

When we got our first positive pregnancy test, Rosie shrieked and cried with joy.

But when the embryo died, I realised how much I cared. And just how much I hated seeing Rosie bereft

and defeated.

After our third IVF round resulted in a positive, we were racked with nerves. Each pregnancy scan, at 8 weeks, 10 weeks, 20 weeks, was normal – but we didn't relax until we finally held Molly in our arms. Finally, it was real and the four-year roller coaster ride was over.

THIS WEEK... SIZE DOES MATT

TALKING POINT GET REAL



Topshop was told off for its size 6 mannequins

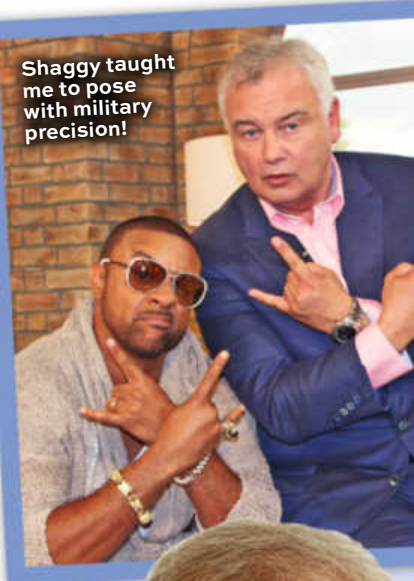
Ruth: Topshop has promised to stop using tall, skinny mannequins after a complaint from customer Laura Berry.

And boy, did Laura have a point! Not one mannequin in their stores showcased anything bigger than a – wait for it – size 6!

No wonder young women grow up to be body conscious, even body dysmorphic. Laura has successfully highlighted an industry which hangs clothes on stick-like catwalk models.

Eamonn: Why the fear, why the resistance? We all come in different shapes and sizes. So does beauty, so do clothes and so should mannequins in shops. The real dummies are the retail outlets that don't reflect that.

Shaggy taught me to pose with military precision!



Laura Kate Berry ▶ Topshop

Metering Staff at Ecotricity · July 22 at 6:57pm · 🌐

Dear Topshop, having been paid yesterday, I decided to spoil myself by purchasing a new pair of my favourite Jamie jeans. However, I was stopped in my tracks by the mannequin in the picture I've shared with this post. As you are aware, the year is 2015. A time when I like to believe we are conscious of the harsh unrealities often imposed on us by the fashion industry (the 90's is famous for its skinny runway models). Every day I am surrounded by strong women and men who stru... [See More](#)

TWITTER/@LAURAKATEBERRY

MY ROOTS ARE SHOWING

Eamonn: Some people can walk into a room and suck the joy out of it. They just have an ability to remove grains of happiness from the atmosphere – I think they are called Dementors in *Harry Potter*. Well, the opposite of a Dementor is Levi Roots, who invented Reggae Reggae Sauce. Since his success on *Dragons' Den*, he has become a Mentor. He inspires young and old alike with his happy, positive outlook on life, his business philosophy, and his songs. He is a breath of fresh air and just leaves laughter and happiness in his wake. It seems he also gives advice on hairstyles. Here is my wife under his spell...



Ruth rocks Levi's locks!





Double Take



News, views and a fresh take
with **Eamonn & Ruth**

SERGEANT SHAGGY

Eamonn: It's fifteen years since pop legend Shaggy had his number one single *It Wasn't Me*. But, he was in the Army before he became famous and reckons that discipline has helped him last the pace. He says the Marines taught him to focus on a goal, to get up in the morning without complaint and tackle the day ahead. We were expecting him to be very *Mr Lover Lover* and *Boombastic*, but he was really sensible and such a nice guy. 'In the military, you didn't get promoted unless your cheques were balanced and your bills were paid. These are the things I still stay on to this day,' he said.
Good words of advice.



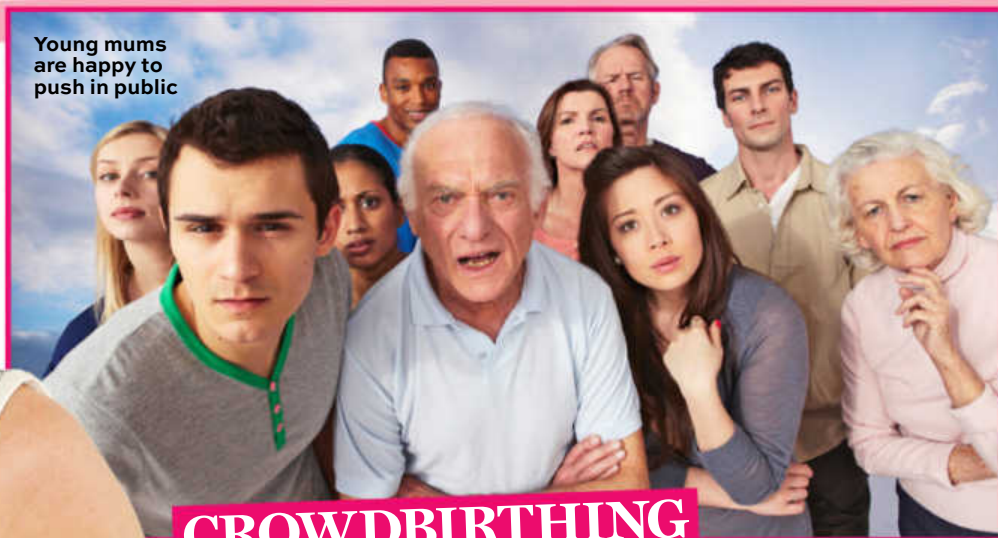
We can't wait
to try Rylan's
posh nosh!

I'M LOVING IT!

Ruth: So proud of our TV son, Rylan, for making the final of *Celebrity Masterchef*... this from a guy who could barely boil an egg! His 'Cheerful Meal' was genius, and totally delicious. We even got a little gift... two vouchers for dinner at Chez Rylan. Essex, here we come!



Young mums
are happy to
push in public



CROWDBIRTHING

Ruth: Giving birth is becoming a spectator sport! I can't believe young mums are now inviting an average of eight people into their delivery room. That's according to a study of 2,000 mums by YouTube's Channel Mum.

Eamonn: I can hear my daughter, Rebecca, 23, choking in disbelief, but young mums are also opting for more male birthing partners. Although mother-in-laws are now the most popular birthing supporter

after the mum-to-be's partner and mother, one in 25 chose their dad and 2 per cent wanted their brother.

Ruth: While some hospitals limit the number of people present for the actual birth, others support large birth entourages – dubbed 'crowdbirthing'. Personally, I can think of nothing worse during all that grunting, crying and yelling – not to mention the undignified positions! Just having Eamonn there was an achievement for me – he kept wandering off under the pretence the room was too hot, only to be recalled at the vital moment from a tour of the wards, where he was signing autographs!

Beauty masterclass

Contouring

Loved by the Kardashians, contouring is the No.1 make-up trick for sculpting your face. Make-up artist Sharon Dowsett shares her expertise...

SHARON is a regular backstage at high-profile fashion shows, including Alexander McQueen's, so she's a dab hand at creating gorgeous looks in no time at all. Trusted by many celebrities over the years, including Cheryl Fernandez-Versini and The Saturdays' Mollie King, Sharon is also the UK make-up director for Maybelline New York. In a career spanning over 30 years, she's witnessed many beauty trends – most recently, contouring. 'The aim is to create the illusion of an oval face,' she explains. Find out how to nail the look below.

Sharon's top tips on mastering contouring

● **Choose matte over shimmer bronzer for this job** because you want to create shadows, not tan the face. Ensure you're in natural light for the best results. Try **Maybelline Master Sculpt Contouring Palette, £6.99**.

Use an angled brush (that looks slanted in shape) for a more precise finish.

● **After applying your foundation**, brush on bronzer around the edges of your face, including the top of the forehead and the jawline.

● **Then position the brush up against the underside of your cheekbones.** Feel where the bone lies naturally – this is where you should apply the shadow. Follow the curve up to near the corner of your eyes.

● **Build up slowly.** This is about shaping your facial structure with subtle definition.

Stand back from the mirror to see the effect, as dark has more depth from a distance, and then add more if necessary.

● **Now use a highlighter.** A reflective product, it helps balance and complement the contour so it naturally catches the light. Apply a light layer to the high points of your face. These are your cheekbones, brow bones, bridge of the nose, bow of the lips and even the centre of your chin.

● **There should be no hard lines**, so wipe excess powder off your contouring brush and gently blend between the highlighter and contour shade so that it blurs.

● **Add warmth to the finished sculpted look** by adding a cream-formulated blush in a warm pink or apricot colour on the apples of your cheeks.

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As judges on *The Great British Bake Off*, Paul Hollywood, 49, and Mary Berry, 80, have won our hearts – and got us baking like mad. They seem like the best of buddies, but just how well do they really know each other? We quizzed them to find out.

'Mary's got a massive soft spot for Dan Snow!'



ALTERNATIVE CAREERS



Paul and F1 driver John Surtees



If he wasn't baking, Paul would be on his motorbike or in a car



Whereas Mary would love to be a professional gardener



Paul & Mary spill their secrets

Great British Bake Off judges reveal their culinary pet hates, celeb crushes and how Hugh Jackman stroked Mary's leg!

If Paul wasn't baking, what do you think he'd do?

MARY [Points at Paul's motorcycle leathers and boots] He'd be a motor racer. And he'd alternate between a bike and a car...

PAUL I'm passionate about both. I suppose I'd rather have a motorbike on the road and a racing car on a track.

If Mary wasn't teaching the nation to cook, what would she do?

PAUL She would be an adventurer!

MARY Oh rubbish! [Laughs]

PAUL Mary never stays in one place for too long, checking places out like a travel journalist. If she's in one place, there's only one thing she loves doing – and that's gardening. So, she'd be a gardener. She'd be married to Alan Titchmarsh and they'd grow cress together...

MARY [Laughs] Yes. Only in warm weather. In the winter, I'm afraid the garden would have to go to bed.

Do you have a soft spot for Mr Titchmarsh?

MARY He's a very good gardening teacher and a lovely guy.

PAUL She's got a massive soft spot for Dan Snow!

If Mary could ban one ingredient from Bake Off, what would it be?

PAUL Coconut!

MARY I've tasted some very good coconut-based things, but desiccated coconut is dry and horrible. Now, you can get much more moist coconut. That's lovely.

Who would Paul most like to join him for a cup of tea and slice of cake?

MARY John Surtees...

PAUL He's 81 and a god, one of the guys who pioneered racing back in the 50s and 60s. He was seven times bike world champion and one time F1 champion. If it's past and present, it'd be the late Ayrton Senna. I met him once at Silverstone in 1993. He was amazing.

Who would Mary like to have a cuppa with?

PAUL Dan Snow. Or Alan Titchmarsh.

MARY What about Hugh?

PAUL Hugh Bonneville...

MARY [Grins] Both Hughs...

PAUL Oh, Hugh Jackman! He's already fondled Mary's leg, you see, on *The Graham Norton Show*...

What is it you like about Dan?

MARY He's a happy, family

man and brilliant on his programmes. He's dedicated and, when he tells you about something, you can't help but listen. The passion comes through.

If you baked something for Mary, what would it be?

PAUL A lemon drizzle cake or a crispy baguette. We both crave savoury.

MARY Wouldn't it be a joy to have more savoury stuff?

PAUL Most of us prefer savoury. The savoury bakes last week, I've never seen a crew move so quickly.

If you were to bake something for Paul, what would you make?

MARY I wouldn't give him anything sweet because he'd throw it at me. I'd make him a quiche. He'd criticise the way I finish the top, but...

PAUL [Teasing] Would you use home-made pastry, Mary? Or would you buy it?

MARY I'd make my own! I always make shortcrust.

What would Paul ban?

MARY Well, he doesn't use fresh yeast, he uses modern fast-action yeast, which is so



Mary got close with Hugh Jackman on *The Graham Norton Show*

Wouldn't it be a joy to have more savoury stuff?

sensible. He gets excellent results. He wouldn't ban

fresh yeast, but he's thought about what you keep in the cupboard to make a loaf.

What is Paul's guilty food pleasure?

MARY Egg and bacon butties!

Is that on the breakfast menu during filming?

MARY Lunch as well, given half a chance, and one on the way home.

PAUL I'm on salads for lunch, but in the morning it's always a bacon buttie. Sometimes with egg.

What about Mary?

PAUL Cheese and onion crisps...

MARY I quite like those, yes. No, an egg sandwich.

● **The Great British Bake Off returns to BBC1 on Wednesday 5 August at 8pm**



Mary Berry's chocolate showstoppers!

These decadent bakes are perfect to feed a crowd, and will certainly impress...



Wonderful White Chocolate Cheesecake

SERVES 8

INGREDIENTS FOR THE BASE

- 50g butter
- 25g Divine Dark Chocolate
- 150g digestive biscuits, crushed

FILLING

- 300g Divine White Chocolate, broken into pieces
- 400g full-fat cream cheese
- 2 eggs
- 150ml soured cream
- 1 tsp vanilla extract

TO SERVE

- Dusting of Divine Cocoa Powder
- 225g fresh strawberries or raspberries

METHOD Preheat the oven to 160°C/Fan 140°C/gas mark 3. Grease and line the base of a 20cm deep springform cake tin with non-stick paper. Melt butter and chocolate in small saucepan over a low heat. Stir in crushed biscuits

and press evenly over the base of the tin, then chill in the fridge.

Break the white chocolate into a bowl and melt very gently over a pan of hot water (do not allow the chocolate to become too hot). Stir occasionally with a spoon until runny and smooth.

Whisk the cream cheese and eggs in a large bowl until smooth, add soured cream and vanilla, and whisk again until completely smooth with no lumps. Stir in the melted chocolate and mix together. Pour in the tin and spread evenly over the chilled base.

Bake in a preheated oven for about 45 minutes until firm around the edge and just set in the middle.

Remove from the oven. Run a small palette knife around the edge of the tin and allow to cool. Remove the outside ring and lift the base onto a serving plate.

Serve dusted with cocoa powder and with a few fresh strawberries or raspberries.

**Mary
says**

Serve thin slices, as this cheesecake is very rich! If the surface cracks, don't worry – this is part of its charm! To avoid it cracking too deeply, loosen the tin around the edge before the cheesecake becomes cold



Velvet Chocolate Torte

Mary says

A chocolate for all chocolate enthusiasts. Cooking, melting or simply eating Divine Chocolate is just that!

SERVES 10

INGREDIENTS

- 200g Divine Dark Chocolate
- 125g caster sugar
- 8 tbsp water
- 4 egg yolks
- 2 tbsp brandy
- 600ml double cream

TO DECORATE

- A little icing sugar, sifted
- 12 large strawberries, sliced or whole
- A little single cream
- 50g grated Divine Dark Chocolate

EQUIPMENT

- 20cm loose-bottomed or springform tin, oiled and lined with clingfilm

METHOD

Break the chocolate into sections and drop into a processor. Process for 1 minute or until just a few pieces remain in the otherwise powdery chocolate. Alternatively, you can finely grate the chocolate.

Measure the sugar and 6 tbsp of water into a small pan and heat gently over a low heat until the sugar has dissolved, stirring occasionally.

Turn up the heat and boil briskly for 3-4 minutes, until it becomes a thin syrup. Set the processor running and pour in the hot syrup through the funnel onto the chocolate, so it melts and becomes liquid. Add 2 tbsp of boiling water. Next, add the egg yolks and process for a few seconds before adding the brandy. If you are not using a processor, beat the ingredients together.

In a separate bowl, beat the cream to a soft, floppy consistency, then fold in the chocolate mixture. Spread in the prepared tin, levelling the top with the back of a spoon, then cover with clingfilm and transfer to the freezer for a minimum of 4 hours.

To decorate, release from the tin and transfer to a plate. Allow to soften slightly, and serve up about 10-15 minutes after coming out of the freezer.

Mary says

If you do not have a springform tin, spoon the mixture into a freezer-safe shallow dish, cover with clingfilm, and freeze. After thawing for 20 minutes, the chocolate will be ready to spoon onto serving plates and decorate



8 things I learnt from Bake Off

2013 winner Frances Quinn shares her experiences from the hit BBC1 show

1 I'VE GAINED A THICKER SKIN

I found nights when the show aired emotional. I had my own bad memory of events, so seeing them again was awful. I'll always remember when Paul [Hollywood] made the 'style over substance' comment. It was horrible and I told my family what happened and my brother said, 'I don't think they'll make anything of it.' Then it kept popping up all the time.

2 MY FINAL SHOWSTOPPER HAS ITS OWN FANBASE

It's amazing how many people asked for a replica of my winning wedding cake [right]! I've done the same size and smaller versions, but it has to be presented on a tree trunk. Shortly after I won I made my brother's wedding cake and I'll be making my other brother's wedding cake, too.





● Frances is an ambassador for the Cream Tea Society. Find out more at creamteasociety.co.uk or on Twitter at @creamteasociety

CAKE QUEEN FRANCES QUINN



Frances says the show was 'go, go, go'



The winner with Paul Hollywood and Mary Berry



'Bake Off has set me up for life,' she says

3 IT TAKES A LOT TO STRESS ME OUT THESE DAYS

I've never known stress like it – my adrenaline levels were through the roof when filming! The tent is such an alien atmosphere – usually I bake listening to music in my kitchen – and it was just go, go, go with no time to stop. I remember being at home after I'd done the bakes trying to process the experience, thinking 'How the hell did I manage it?' So I don't get nervous during talks or live demonstrations – *Bake Off* has set me up for life!

4 IT'S WEIRD GETTING ATTENTION FROM THE GENERAL PUBLIC

Even before I won I started to be noticed. My phone would go into meltdown with the number of tweets I received. You couldn't respond to everyone, either. Initially, particularly around the time of the 'style over substance' incident, I suffered some criticism on Twitter, but then people warmed to me at the end. It's still strange getting recognised in public. I'm 6ft 1in so I stand out! I don't look for it, though. I'd rather my bakes be the centre of attention, not me. I'm not really interested in the 15 minutes of fame.

5 YOU CAN ONLY PLAN AHEAD TO A CERTAIN EXTENT

We wouldn't get a lot of time to practise our bakes, especially with my day job. For the final, we found out about our showstopper challenge with less than a week to go and, as it was a six-hour task, I only really had one shot at it before filming. Plus the weather could change everything. We'd had a hot, sunny day and I'd think, 'Nooo! I've got to make and set chocolates today!' As the oven was underneath our individual station, the heat would rise so I'd end up putting cooling racks on the floor, which we weren't supposed to do! It taught me that sometimes things just don't go to plan.

6 I DEVELOPED A GREAT POKER FACE

I could head to MI5 after *Bake Off*! Only my closest family and those at work knew I'd got to the final and, in that week, it was incredibly difficult not to say anything, but I managed. I was in London for the final to do the media rounds the next day but at home my friends and family had hired space in the local pub and made Fran masks. They said the atmosphere was like an England vs Germany match, and everyone shrieked when I won. It was emotional not just for me but for everyone else, too.

7 I'M MORE CREATIVE THAN EVER

I've not left the design side at all, I've just swapped fabrics for food! As well as my new cookery book [*Quintessential Baking*, out 27 August], I'm an ambassador for the Cream Tea Society and part of that involved getting the world record for the biggest afternoon tea. Scones are such a blank canvas that you can do anything with them. One of my favourites is to add grated marzipan to the mix, have a brandy butter spread and put mincemeat on top for a Christmas-themed scone. Inspiration can come from anywhere. I just see everything as food!

8 MY FRIENDS AND FAMILY ARE ALWAYS THERE

My colleagues encouraged me to enter in the first place. My friends acted as guinea pigs for my bakes, and when they appeared on TV, they'd say, 'I tried that!' My parents own a bookshop so are particularly proud of my cookbook.



Ready, set, bake!

These essentials are perfect for when you fancy making your own showstopper...



TIMER, £14.95,
DOTCOMGIFTSHOP



PIE DISH,
£10.50, THE
CONTEMPORARY
HOME



WORKTOP
PROTECTOR,
£13.97, LAKELAND



APRON, £16.99, MARY BERRY
AT LAKELAND



MIXING BOWL, £15, WILKO

Worktop
savers can
also be used as
a heat mat or
serving
board





Become a master baker with these pretty, yet practical vintage-inspired buys



WORKTOP SAVER, £12; CAKE TINS, £18;
STORAGE JAR, £12; BOWL, £20;
SHAKER, £8; MEASURING SPOONS, £12;
TEA TOWEL, £12; JAR, £8;
PIE DISH, £18; MEASURING CUPS, £14
ALL ASHLEY THOMAS AT DEBENHAMS



CAKE TIN, £9,
TESCO



BATTER JUG,
£12, WILKO



SHAKER, £7, THE
CONTEMPORARY
HOME

Avoid
cake
catastrophes
with a cake
lifter



CAKE LIFTER, £11.99,
MARY BERRY AT
LAKELAND



WOODEN
SPOONS, £5
FOR THREE,
JOHN LEWIS



MEASURING
CUPS, £7, JOHN
LEWIS



If you're already hooked on *Great British Bake Off*, check out our pick of the contestants to watch this series – and see if you agree



best's Bake Off bets!



FLORA, 19

Move over, Martha, there's a new child prodigy in the tent. Hopefully, the fire alarms have been checked in case anything goes wrong!

VERDICT Most likely to cause calamity



ALVIN, 37

Nurse Alvin once baked bread every day for three weeks until he believed he'd got it right. He's a complete perfectionist.

VERDICT Most likely to run out of time



DORRET, 53

Our bet for the first breakdown was on Flora, but after #GateauGate, we think it'll be Dorret trying to hold back the tears.

VERDICT Most likely to cry



PAUL, 49

We're seeing double with prison governor Paul and his uncanny facial hair – handy if Mr Hollywood ever needs to pull a sickie.

VERDICT Most likely to steal Paul Hollywood's job



IAN, 41

As a travel photographer boasting the Dalai Lama as a boss, we reckon Ian's picked up a few handy tips for the tent.

VERDICT Most likely to stay calm under pressure



TAMAL, 29

With a keen eye for detail, we're putting our money on anaesthetist Tamal to take the title – as long as he keeps his syringe to himself.

VERDICT Most likely to win



Best-ever brows!

Plucking isn't the only solution when it comes to keeping them in check...

Just like an amazing haircut, well-groomed eyebrows can melt away the years. If you've never really given them a second thought, take a long, hard look in the mirror and see if they could do with a little TLC. Trust me, it's the quickest way to take years off your appearance!

PROBLEM: SPARSE

Like hair, brows can also thin with age. Filling them in with a brow pencil used to be the only solution, but they can make them look harsh if applied with a heavy hand. I love the latest innovation from **Pürminerals**.

Wake Up Brows, £14, as it contains very little red pigment, so the colour is much more natural, making it ideal to fill in and build up. Use the shadow with short, feathery strokes, and then comb through using a shaping brush.



PROBLEM: GREY

While you might not mind the odd grey, a build-up of colourless hairs can make your eyebrows disappear! Even if your hair is grey or silver, colouring them light brown is a great way to frame your face. A few strays can be concealed with a product such as **Clinique Just Browsing Brush-On Styling Mousse, £16**. It tints and tames in a sweep of the applicator. For a more permanent solution, consider tinting. It's easy to do at home thanks to **Refectocil Eyelash Tint Dye, £13.99, Amazon**. Just remember to do a patch test first.



PICTURES: SCOPE

PROBLEM: BUSHY

Even if you've plucked for years, you might find the hairs have become longer and coarser, and the shape looks unruly. A good tidy and trim will literally lift your face. Visit your local Benefit counter as they will be able to advise you on the best shape for your face and expertly wax, prices from £11.50. After you've had a revamp you can keep it up at home, just invest in a pair of quality

tweezers. This cute heart pair, **£25, Shavata**, come with a magnified mirror to make this chore even easier! You can then tame and shape any stray hairs with **Bourjois Brow**



Design Brow Mascara, £7.99. Simply comb through the transparent formula for a defined look that stays put all day.

best DRESSED SUMMER

Maxi dress, **£59**, Miss Selfridge

Necklace, **£10**, Matalan

Sandals, **£35**, justfab.co.uk

Bracelet, **£8**, Accessorize

*Dress this
head-
turning
maxi up
or down*



L hi

Pink dress, **£55**, La Redoute

Necklace, **£10**, Topshop

Bangles, **£6**, Accessorize

Tassel bag, **£15.99**, New Look

A woman with blonde, wavy hair is sitting on the edge of a boat. She is wearing a bright red, sleeveless, pleated dress. She has a beaded necklace with orange, black, and white beads, and a silver bangle on her right wrist. She is holding a white, fringed bag. The background shows a body of water and a rocky shore.

maxe ppie

That easy Seventies
summer style is back –
and it's all about
looking like you haven't
tried too hard...

best DRESSED SUMMER

Super-
flattering
kimono

FEATURE: WENDY RIGG ASSISTED BY HARRIET DAVEY
PHOTOGRAPHER: ROMI STERN AT SUPERNOVA CREATIVE MANAGEMENT

White top, **£9.99**, New Look
Shorts, **£19.99**, H&M
Bag, **£15**, Matalan
Necklace, **£12.50**, Topshop
Espadrilles, **£49**, Jones Bootmaker
Kimono, **£22.99**, New Look

Must-
have mini
saddle
bag

Pink top, **£29**, La Redoute
 Jeans, **£42**, River Island
 Cream ring, **£7**, Wallis
 Ring pack, **£12.50**, Topshop
 Feather necklace, **£6**,
 adorningava.com
 Bag, **£59**, curvissa.co.uk
 Bracelets, **£35 each**,
 meme.london

*Wear this
 top with
 flares*

White top, **£26**, bellfieldclothing.com
 Tan bag, **£49**, Phase Eight
 Trousers, **£15.99**, Missy Empire
 Bangles, **£8**, Accessorize
 Necklace, **£10**, Matalan

White and blue top, **£35**, M&S
 Denim shorts, **£19.99**, New Look
 Tassel bag, **£29**, Accessorize
 Beaded necklace, worn as bracelet,
£125, chlobo.co.uk
 Necklace, **£10**, Matalan
 Sandals, **£18**, M&S

THE high street edit

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EVANS



Cowell Confidential

Charlotte Crosby, 25, has a legion of fans thanks to her crazy antics on reality TV show *Geordie Shore*. She talks to **Tony Cowell** about love, babies, and her new bestseller

'My self-e at rock I'm so glad I

Charlotte in June 2014 before losing more than two-and-a-half stone



This recent selfie shows her dramatic weight loss



Your autobiography went straight to No.1 in the book charts – how do you feel about that?

I can't believe it. It's surreal because the words *Sunday Times* bestseller makes me sound really intellectual. The night I got the news, I couldn't sleep I was that excited. I was suddenly overwhelmed because I'm just little old me.

Was it hard to write?

To be honest, it was at first because I didn't know how to get it to sound like me. But I had some help and in the end it became a really fun thing to do and, depending on what happens to me in the future, I would love to do another one.

Did you worry about who you were going to mention in the book?

[Laughs] No. Because actually I didn't leave anyone out, I just changed some of the names so

they couldn't complain.

Your fitness DVD, *3 Minute Belly Blitz*, was the fastest-selling fitness DVD of all time – was that a surprise?

Yes, it was incredible. I never for a moment expected such a huge response. I was over the moon. I think it was something I needed to do and it really worked for me. I'm happy that it actually helped so many other people.

You are outspoken. Do you worry about what people say about you?

No. I try to live life to the full and I don't stop for a second to think about

the views of people I don't know. I see celebrities hide their faces when they are being photographed and I think that's wrong. Personally, I don't really care what people say about me.

The media are obsessed with your private life. Do you think that's fair game?

I do wonder about all the attention because I don't really know why they're so interested. I don't do much in my life that's very interesting and they just want to know about me and my boyfriend. Is it fair game? Probably.

Was there a particular reason that prompted your weight loss?

I just wasn't confident any more. I couldn't fit into any of my clothes. I didn't want to go out and I had very low self-esteem at the time. It got to the point where I was very down and I knew I had to make a change. It was a big challenge but now I'm much happier – and so glad I did it.

You have been in the reality TV show *Geordie Shore* since 2011 – do you still enjoy it?

I do enjoy it, though sometimes it can get quite stressful. I think everyone at times gets sick of their job. There are moments when I'm really happy and there are times I'm not. So it's a good work balance. It's my job and I'm lucky to have it.

Do you think you have just grown up since 2011?

In some senses, yes, I have learned to take more care over my finances for example. But in the show I still come across as the same girl. I have matured a lot and I'm quite proud of that.

steem was bottom. *lost weight'*

*'I was very
down and
I had to make
a change'*

What would be your dream job that would tempt you away from *Geordie Shore*?

Well, I don't think I would be any good in films so it would have to be a TV show of my life. Showing what I'm really like. But that will have to wait until I'm married and have children.

Are you ready to have babies?

Oh my God, not now - I'm too scared. I've just got a puppy and that's a huge responsibility. I can't go out unless I get puppy sitters. Having a baby now would terrify me. I don't think that will happen till I'm in my early thirties.

How are things now with your boyfriend Mitch Jenkins?

Yes, we are going really well at the minute. When we got back together after the split last year, he did really change a lot of the things that were wrong with our relationship. To give him his due, he has made these changes and he's stuck to every single one of them. I'm very happy at the moment.

You recently did an interview with Lorraine Kelly which got a little heated (Lorraine challenged Charlotte over her drinking).

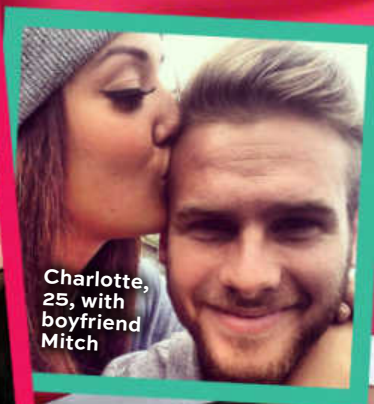
What's your view of that now?

I watched it back and thought it was all a bit awkward and I don't really know why. She's a lovely lady but I think she let her own personal opinions get in the way. It left me feeling like I wouldn't want to go back on that show.

● **Me Me Me** by Charlotte Crosby
(Headline, £16.99) is out now



The *Geordie Shore* star's autobiography is a bestseller



Charlotte, 25, with boyfriend Mitch

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THIS WEEK...

Stop kids obsessing about their weight!

Straight Talk...



With Loose Woman
Coleen Nolan

Topshop dummies are too thin – they have 25.5in waists! screamed last week's headlines.

Meanwhile, actress Kate Winslet revealed that she apparently stands in front of a mirror telling her daughter 'We're so lucky to be curvy.'

Who was right? Neither, in my opinion. I don't believe we should encourage our teenagers to be any particular shape. We need to stop them obsessing about their looks and start thinking about their health instead.

The latest craze – thanks to the repulsively rich and talentless Kardashians – is the 'bum selfie'. Why? I can't see my bum. It's behind me. Who cares what size it is?

I constantly tell my

14-year-old, Ciara, that there is nothing more attractive than a confident woman. If clothes suit you, they suit. If not, don't wear them. I'd like to wear a micro-mini skirt but I don't have 8ft-long legs. I have 2ft legs and I'm dumpy. Fact. Get over it!

It's so difficult when our kids are bombarded by pictures of young girls who seem to get rich and famous by dieting, caking themselves in make-up and appearing on a reality show.

But there is a solution. Find your children a hobby. And if it means you do it with them, then bloody do it...

Ciara is obsessed with horses. So, despite the fact my house is falling down around my ears, most days of the week, you will find me down at the stables, mucking out.

She will be gone in a few years.

My house will be clean – and my daughter – fingers crossed – will have a lot more important things on her mind than the size of her bum.

PICTURES: MELMEDIA, NICKY JOHNSTON, WENN



Coleen doesn't want her daughter, Ciara, to focus on the size of her body



Kate Winslet thinks she and her daughter are lucky to be curvy



Kylie Jenner is one of the Kardashian clan who takes pictures of her bum

WHAT DO YOU THINK?
Tell us your views at BestDaily

bestdaily.co.uk

THE *entertainment* edit

Pick of the week's TV...

The Little Couple

If you've never seen this before, it's easy to catch up. Bill Klein and wife Jen are both little people who have adopted two children with dwarfism. In this new series, they're off to Florida for the long-delayed baptism of their kids – Will, four, and Zoey, two – before heading to Washington DC.



Living with dwarfism: the Klein family

NEW SERIES

Monday, 8pm, TLC

Star Wars

The build-up to December's *Star Wars: Episode VII – The Force Awakens* has begun. From Saturday, Sky is launching its Star Wars Channel so fans can watch this

epic intergalactic saga from the start. There will also be in depth documentaries and behind-the-scene footage with the films' creators. May the Force be with you!



Saturday, 5.15pm, Sky Movies Star Wars Channel

Join Luke and Leia on the Star Wars Channel

Location, Location, Location

Kirstie Allsopp and Phil Spencer guide more prospective property buyers through the complex world of viewings and agents. They begin by helping Chris and Louise find their dream home in rural Cambridgeshire, while also looking at properties in Cambridge for a pair of first-time buyers who are doctors.

NEW SERIES

House hunters Kirstie and Phil

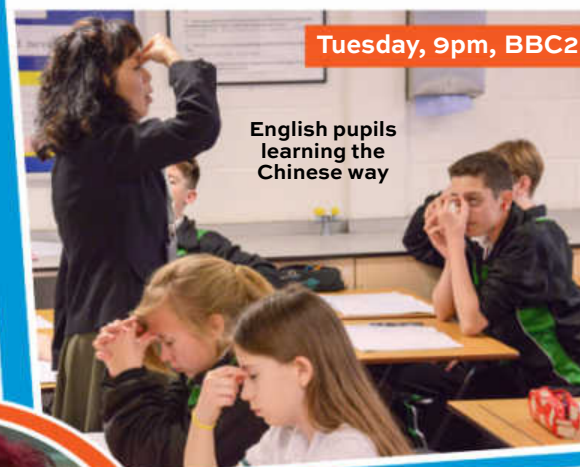
Thursday, 8pm, Channel 4



Are Our Kids Tough Enough? Chinese School

NEW SERIES

In this experiment, five teachers from China take over the education of 50 teenagers in a Hampshire school to see whether the Chinese education system can teach UK schools a lesson. Will the regime of long days and strict discipline produce superior students? Or will the clash of two cultures create chaos in the classroom?



Tuesday, 9pm, BBC2

English pupils learning the Chinese way

Jo Brand will tuck in to the Bake Off

Friday, 9pm, BBC2



The Great British Bake Off: An Extra Slice

Jo Brand is joined by three celebs to discuss BBC1's top baking contest (see our chat with Paul and Mary on page 24). As well as digesting the show's events, there's also an interview with Wednesday's eliminated contestant.

Life In
Squares,
Monday,
9pm,
BBC2

Vanessa Bell (Eve
Best), Duncan
Grant, and Virginia
Woolf (Catherine
McCormack)

Rupert
as painter
Duncan
Grant at
Charleston

'Duncan loved Vanessa, he just preferred men!'

Rupert Penry-Jones, 44, stars in a new drama about the lives of Virginia Woolf and her sister Vanessa Bell

The Bloomsbury set were a collection of controversial friends and lovers who were said to have 'lived in squares, painted in circles and loved in triangles' in the early 20th Century. New three-part BBC2 drama, *Life In Squares*, explores the unconventional artists and writers involved and Rupert Penry-Jones plays the painter Duncan Grant...

Describe your character Duncan Grant...

He was a real man. A

painter – one of the best in his day. He was also gay but had a child with Vanessa Bell, the sister of Virginia Woolf, called Angelica. Vanessa was completely in love with him but he just couldn't love her back the way she wanted. He loved her more than other women, but he just preferred men. That said, they all lived together in a farmhouse called Charleston [in East Sussex]. He was very laid-back and seemed to go through life without hurting

anyone. I play Duncan when he was older. [*Happy Valley*'s James Norton plays him as a young man].

What attracted you to the role?

Duncan's unconventional relationship with Vanessa, his artistic ability and how he starts to question himself about how he is living as he gets older.

What was Vanessa Bell like?

She was exceptionally close to her sister Virginia. Vanessa was older and felt a huge responsibility to her

little sister who endured life-long mental illness. She had two sons, as well as Angelica, and was married to the art critic Clive Bell but they were allowed to have other relationships.

Is it harder to play a man who still has close living relatives?

I tried not to think about it and just focus on immersing myself in the role and trusting the writers had done a good job.

You actually filmed in the Charleston Farmhouse. Did that help in developing your character?

Being in the countryside is always wonderful and I was actually in the rooms where he lived and painted so, of course, that helped to bring him to life! Charleston had a unique and wonderful atmosphere.

Rupert is
married to
actress
Dervla
Kirwan

Hi Jenny. Can you tell us about your upcoming tour?

Yes, it's called *How To Be A Middle Aged Woman (Without Going Insane)*. It's like a Grumpy Old Woman show.

So how did you go through the menopause without going mad?

Hormone replacement therapy ... it was either HRT or Holloway! Since my oestrogen dried up, I'm secreting another hormone – the craft hormone. It's quite disturbing, considering I used to be a punk rocker. Now, in times of stress, I make a pompom!

What do you hate about the menopause?

Things like when you say you're going kayaking at the weekend, and the reply is, 'Good for you!' It's as if you should be at home playing with china thimbles.

Tell us about your new novel, *Moving*...

It starts with a woman thinking about the house she's lived in for 50 years. She's taking an estate agent around room by room – and we learn that something catastrophic happened, which is why she has ended up alone, with rooms she can never go in.

Do you find writing easy?

It's like anything – some days, I can just crack on and others I'd rather watch *America's Next Top Model*. The best motivation is remembering that if I don't write, I won't get paid!

We've seen you on *I'm A Celebrity...* and *Splash...*

Comic Jenny Eclair, 55, candidly reveals how to tackle the menopause – without losing your mind

Jenny Eclair has gone from punk rocker to keen knitter

Jenny on the Splash! high board

'It was HRT or Holloway for me!'



She was on the Loose Women panel for a year

Yes. I'm still waiting for *Celebrity Love Island* to return my call [Laughs].

We miss you on *Loose Women*. Would you go back?

Oh darling, I'd never be asked back! It was great fun and it was the easiest job I've ever had – sitting and talking. Plus it was only down the road from where I live. When I got the boot Linda Robson took over. If it was anyone else I might have been a bit resentful, but I love the bones off Linda.

Maybe you can have a cameo on *Birds Of A Feather*.

I'd love to. I also love that it was the highest-rating sitcom of last year and featured three women who, if you add up their ages, comes to a million!

● **Jenny's *How To Be A Middle Aged Woman (Without Going Insane)* tour starts next month, info at jennyeclair.com. Her new book, *Moving* (Sphere, £13.99), is out now**



Sarah Harding morphs into Bet Lynch!

Girls Aloud star Sarah Harding has gone from pop star to t'cobbles. And no wonder! She's divided opinion with her acting, but one thing's for sure – singer Sarah, 33, has used

Weatherfield barmaid Bet as a style inspiration for quite a few years now!

Playing Robert Preston's estranged wife Joni, her resemblance to soap icon Julie Goodyear, 73, is uncanny...



Sarah plays Joni, Robert Preston's wife

BLONDE AMBITION

We really need to find out who is who here. With identical blunt fringes, heavy make-up and shocking pink clobber, it's a case of cobbled double vision.



TIED UP

Sarah's knot giving her imitation of Bet a rest as she sports a small bun that makes her the twin of the *Corrie* idol circa 1994. Time to beehive, Sarah!



MANE ATTRACTION

This is one comparison Sarah cannot brush off. The pair are scissor sisters here rocking identical blonde bobs. Separated at birth? We reckon so.



LEOPARD NEVER CHANGES ITS SPOTS

Spot on! It looks like Sarah raided the costume department for some old favourites in a bid to blend in on *The Street*. Dressed head to toe in leopard print, Sarah has camouflaged into Bet here.

FRO IN THE TOWEL

Sarah channels her inner wild child with poodle-like corkscrew curls, just like the ones Bet rocked in 1982. The 80s is where they should have stayed!



best PROMOTION

THE CUPPA *for tea experts*

If you love a fine cup of tea but are looking for something extra special, the new Tetley Blend Collection will undoubtedly be to your taste

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With over 175 years of expertise in tea blending, Tetley can rightfully claim pride of place in your storecupboard. Keeping pace with the ever-more-demanding tastes of modern tea lovers, the Tetley Blend collection is designed to be enjoyed by the true tea experts.

Try something new

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WHERE TO BUY

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THIS WEEK...

Cashback Queen



With Dragons' Den's
Sarah Willingham

How to make a will

When you die, your partner won't automatically receive everything, especially if you aren't married...



Two thirds
of people
don't have
a will

During November's Will Aid you can get your will written for free by solicitors employed by charitable organisations. Free will writing depends upon donations.

WHY DO YOU NEED A WILL?

A will has six main functions – reassurance, avoiding disputes, looking after loved ones, protecting assets, saving on inheritance tax and letting people know about your funeral. Any will is better than no will, unless you want the Government to decide what happens to your money and children, should you pass away. Your will can dictate who you want your child's legal guardian to be and how they will be brought up, as well as ensuring your money goes to them. If you want to leave objects to people, or have a charitable donation to bequeath, then it needs to be legally stated within the will, signed and witnessed.

HOW TO WRITE A WILL?

Writing a will doesn't have to be expensive and there are loads of ways of doing it yourself with little cost. You can buy a pack from WHSmith or download a template online. Consumer group Which? has an online service for DIY wills at whichwills.com. However, it is worth remembering that a DIY will needs to be witnessed by someone who doesn't benefit from it, and, if you make a mistake, you are not protected (unlike solicitors who are insured). If you think that your estate (your house, pensions, investments, life insurance, death-in-service benefit from your employer and savings) adds up to £325,000, then you are likely to be liable for Inheritance Tax.

EXECUTORS

An executor helps to find the deceased person's assets and manage them until they are distributed to inheritors. When choosing your own executor, it is important to have someone that you trust. Just remember to ask them first! In most cases you should try and appoint at least two. Their role is mainly admin, such as posting notices of the death, contacting beneficiaries of the will, paying bills and cashing in insurance policies and savings. It is possible to appoint professional executors and this is often a good idea if you think that there could be some family issues or if you have a large estate.

POWER OF ATTORNEY

There are a number of reasons why you might need someone to make decisions for you or act on your behalf. It could be temporary if you are in hospital and need help with everyday things, such as making sure that bills are paid, or you may need to make more long-term plans if you have been diagnosed with dementia or have had a stroke. There are two types of power of attorney, ordinary and lasting. Ordinary is when you have the mental capacity to make decisions and maintain control, but just want a helping hand, whereas lasting power of attorney gives someone the legal authority to make decisions on your behalf, if either you're unable to – or you no longer wish to – make decisions for yourself.

The average cost of a professional will for a couple is **£200** and could take just an hour to complete



WHAT DO YOU THINK?
Tell us your views
at BestDaily

best
daily.co.uk

Stay-at-home mums making a fortune

‘A £45 PAMPER KIT WON ME A SIX-FIGURE SALARY’

As women struggle to juggle work and family life, these entrepreneurs became hugely successful – on their own terms...

Mum-of-two Mandy Philpott, 53, from Cheshire, held a senior position in a huge UK logistics firm for almost a decade.

In a male-dominated environment, she often worked over 12 hours a day to meet her targets.

But, when there were complications with her second pregnancy, she was forced to rethink her life.

‘I was in and out of hospital for months,’ she says.

‘I felt like my bosses were always asking me when I was coming back and, in the end, something had to give.

‘I loved my job, but my family were more important.

‘My boss was gobsmacked when I handed in my notice

– he was about to offer me a promotion!’

Determined not to miss another birthday or school play, Mandy looked for ways to make a living from home.

‘I knew we couldn’t survive on my husband Bruce’s salary alone,’ she says.

But it wasn’t until a neighbour invited her to a ‘pampering party’, that she finally got some inspiration.

Mandy’s neighbour was working as a consultant for The Body Shop At Home, selling the brand’s beauty products to friends at parties hosted at her house.

‘She’d been able to give up her job as a teacher,’ said Mandy.

‘I realised she must be earning more than £5 an hour!’

Mandy bought a £45 start-up kit of samples.

‘I had to roll up my sleeves and really go for it,’ she said.

‘I marched up

to the mums at the school gates that day, inviting them all to my first party.

‘It was a huge success. I did a little demonstration, we all had a glass of wine – it was a wonderful night.

‘I was shocked by how much I sold, and it gave me the chance to bond with other women,’ she said.

‘But, best of all, I got to see my children grow up. I was there when they spoke their first word, lost their first tooth and there to care for them when they were sick.’

Over the past 12 years, Mandy has gone from



Life's a beach for self-made Mandy!



Pamper parties have made the mum-of-two a fortune

earning £55 per party to managing

a team of 1,000 who make more than £3 million between them each year.

She takes home £104,000 in commission a year and now owns three homes, a luxury car and enjoys exotic holidays several times annually.

She says, ‘I never work more than 40 hours a week and I’ve given us a life we could only ever dream of.

‘I want to tell women they can have the best of both worlds – a home life and a work life.

‘And I’m helping other women to do exactly that.’



With sons Oliver (left) and Nick



'NO ONE WANTED TO GIVE A 40-SOMETHING MUM A JOB'

Bernadette Broadley, 52, from Bristol, felt like she had been thrown on the scrapheap after taking time out to bring up her four children.

'I lived in France with the kids and my husband, Angus, but when we moved back to the UK, I decided to return to work as a beautician.

'I had loads of experience but, despite going for lots of interviews, no one would give me a job and my confidence hit an all-time low.

'Then, one day, I spotted an advert for Avon ladies on their website. It seemed like the perfect solution.'

Bernadette signed up to be an Avon representative, delivering catalogues and organising parties at which she could sell their products.

'I remember stepping outside my front door with two bags full of catalogues, and walking straight back in again,' she says.

'It was two days before I plucked up the courage to deliver them.'

Bernadette worked a few hours each week and took 25 per cent of whatever she sold.

'The first year, I only earned £2,000,' she admitted.

Now, five years later, she works 30 hours a week and



On holiday with husband Angus



Working less means more time with grandson Riley



Bernadette sets up shop!

earns over £50,000 a year, while her team make more than £1 million.

Bernadette says, 'I wish I could go back and thank the people who rejected me, because I found a much better opportunity!'

'BECOMING A MUM AGAINST THE ODDS MADE ME REASSESS LIFE'

Devastated after being diagnosed as infertile at 24, Joy Munns, from Staffordshire, threw herself into working long hours as a PA to

a managing director.

But, when she found out she was pregnant with husband Kenton's baby five years later, she decided to become a stay-at-home mum.

'This was my miracle baby,' says Joy, now 50 'It was the most important thing in the world to me and I wasn't going to miss a single moment.'

Incredibly, Joy went on to have two children, Shaun, now 20, and Ruth, 18.

But, after years of nappy changing, she wanted a life of her own again.

'One night, I was watching a documentary on TV about sex toy retailer Ann Summers,' explains Joy.

'I didn't even know what a vibrator was at the time, so I was shocked when Kenton suggested I be a rep!

'But, the more I thought about it, the more it seemed like the perfect solution.'

Joy admits selling sex toys didn't come naturally and that friends were critical of her career choice.

She says, 'When I first held a sex toy, I wanted the

ground to swallow me up but, after a few parties, I really got into it.'

That was 17 years ago. Now, Joy's a team leader earning more than £50,000 a year in commission, and managing 200 party ambassadors, including her daughter.

'Nothing comes for free,' she says. 'Of course, I worked hard for it, but the most important thing for me has always been my family.'



Joy with Ann Summers CEO Jacqueline Gold



With her Ann Summers team



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Both these sets of clues lead to the same answers, revealing in the shaded squares a film starring Arnold Schwarzenegger (6)

STRAIGHT CLUES

ACROSS

- 7 Most ahead of time (8)
9 Vast seas (6)
10 Three feet unit (4)
11 Absurd (10)
12 Retains (5)
14 Frightening (5)
15 Do not succeed (4)
16 Made knots (4)
17 Sewer (5)
18 Sound at a door (5)
23 Called to mind (10)
24 School session (4)
25 Drowsy (6)
26 Benediction (8)

DOWN

- 1 Cause harm (6)
2 Pleased (4)
3 Spooky (5)
4 Door shelter (5)
5 Mirror image (10)
6 Asked, probed (8)
8 Ebb or flow level (4)
13 Special benefits (10)
15 Previously (8)
19 Looking after, or fretting (6)
20 Follows orders (5)
21 Food (slang) (4)
22 Margins (5)
24 Throw high (4)

CRYPTIC CLUES

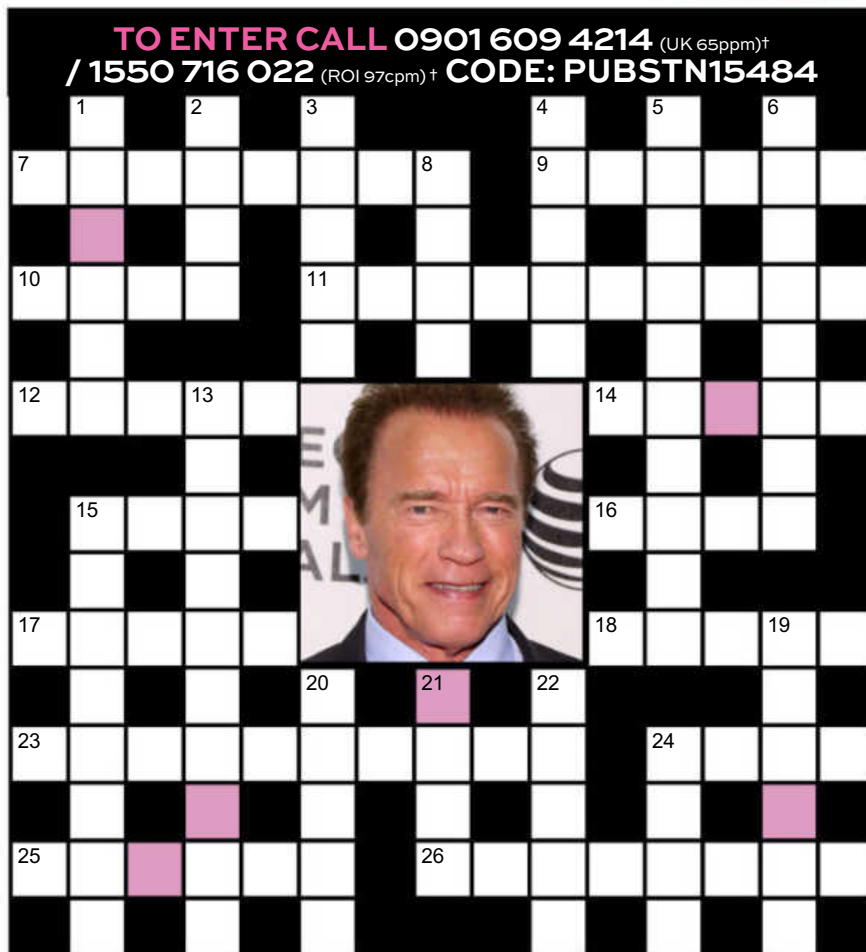
ACROSS

- 7 Atelier's prepared as

- soon as possible (8)
9 Canoes capsized in these huge seas (6)
10 Dray comes back for a measurement (4)
11 Farcical or ludicrous, I venture (10)
12 Maintains parts of castles (5)
14 Cry as ordered. It's nerve-racking (5)
15 I am in Cornish river, and go down (4)
16 Drew tide changes (4)
17 Remove water from Cassandra in panic (5)
18 Criticise collision (5)
23 Recalled having been given new limbs (10)
24 Session word (4)
25 Enemy agent covering shelter is not alert (6)
26 Hallowing a welcome thing (8)

DOWN

- 1 Mother to get on with harm? (6)
2 Some big ladies get happy! (4)
3 I drew out. That's uncanny! (5)
4 Entrance structure



in a shop or church (5)

- 5 Deep thought. It's seen in a glass (10)
6 Asked about some paper in the finish (8)
8 Main fluctuation of 16 Across? (4)
13 Pig relives problems with exclusive rights (10)
15 Flo, merry, upset in the past (8)

19 Chartered accountant to phone, having concerns (6)

- 20 Old boy? Yes, in a way, is subservient (5)
21 Food for a form of life (4)
22 Outer limits of sedge, possibly (5)
24 Sot's difficulty is to throw up (4)

ANSWERS

CROSSWORD

- 27/15 MORTDECAI
7 Lifetime 9 Ethnic
10 Adds 11 Ordinarily
12 Deeds 14 Actor
15 Wave 16 Sees
17 Idols 18 Asked
23 Complained
24 Oval 25 Beings
26 Expenses

DOWN

- 1 Middle 2 Mess
3 Minor 4 Veins
5 Characters
6 Millions 8 Ends
13 Developing 15
Wide-open 19 Eraser
20 Waist 21 Knee
22 Adapt 24 Owns

Lines open 4 August 2015 till midnight on 17 August 2015 (closes 20 August 2015 for postal entries). Over 18s only. †UK Calls cost 65p per min plus your telephone company's network access charge; ROI 97c per min, and should last no longer than 2 mins. UK SP: Spoke (0333 202 3390). ROI SP: Phonovation/Spoke (01437 8815). To enter by post, use coupon, left.

PICTURE: GETTY

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1 Crossword ANSWER CODE: PUBSTN15484

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Mummy's not coming home

When her sister was brutally murdered, Cheryl Brenneke, 55, had to stay strong for her nieces and nephew...

I watched with pride as triplets Addison, Avery and Maddox, nine, jumped on my husband Robert's Harley-Davidson.

Nestled either side of him, they looked tiny.

'Be careful!' I shouted, as they roared down the road, screaming with excitement.

We must have looked like any other happy family, enjoying a sunny day outside our home.

But the truth was, we were far from normal.

The triplets aren't mine, although I love them like they were.

Their lives were changed forever at the age of five after their mum, my beautiful younger sister Jacque, was brutally murdered by her husband – the children's dad.

My own four children, all in their late 20s, had flown the nest, and now I was set to be a mum all over again when these poor lost souls came to live with us.

Over the years Robert, 57, and I have tried our best to help them cope not only with losing their beloved mum, but also with the horror that their father was responsible.

My sister Jacque was six years younger than me, blonde and clever with a dazzling smile.

She carved out a successful career for herself, earning a

six-figure salary as a manager of a health insurance company.

At 24, Jacque was a fun-loving girl more interested in her career than relationships, while I was already raising a young family.

But one day she called me to tell me she'd fallen head-over-heels for a man called Clay Waller.

She sounded so excited. I was happy for her, until she brought Clay round to my home a few months later.

Scruffy with a shaved head, he was rude and aggressive.

'I'm an entrepreneur,' grinned Clay when Robert asked him what he did.

He told us about various schemes – crop-dusting, haulage and construction – which all sounded like pie in the sky to me.

'I'll be making a mint next year!' he laughed. 'And, in

the meantime, I've got Jacque, my little cash cow.'

I frowned, shooting Robert a worried look.

As the years went by, I really struggled to hold my tongue as Jacque worked full-time and did all his cooking and cleaning, while he lazed at home and cheated on her.

I watched helplessly as she lost all her sparkle and became gaunt and stressed.

She told me he'd threatened to shoot his

ex-girlfriend and talked about a murder he'd been involved in one night when he was drunk.

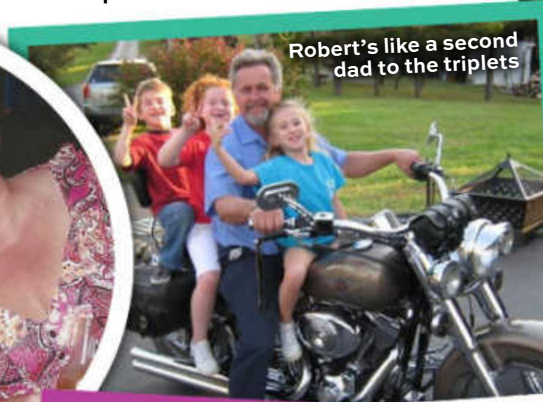
I was terrified for her, and begged her to leave him.

But when Jacque was 30, she rang up with the news that she was expecting triplets after a round of IVF. I tried to sound happy for her, but knew that this would tie her even more closely to Clay.

Motherhood suited Jacque and she doted on Addison,



Cheryl (right) was so close to little sister Jacque



Robert's like a second dad to the triplets



HOLDING THE FAMILY TOGETHER



They'll always remember their beautiful mother



Cheryl has devoted her life to raising Avery, Addison and Maddox

Avery and Maddox. Clay, meanwhile, became even more abusive, jealous of the attention she gave them.

Finally, in March 2011, when the triplets were five, Jacque arrived at mine with the kids and a suitcase.

I was so relieved she'd finally made the break.

Clay bombarded her with menacing text messages: 'Come home, or you'll never see your kids again.'

She was terrified, even fearing he'd shoot her through the window if he saw her sitting on my sofa.

She tried to move on, and eventually fell for an old school friend, Richard.

Clay was livid.

'My kids will never call another man 'Dad!' he screamed one day when he turned up on our doorstep.

The last time I saw my sister was on June 1 2011, when she went to Clay's house to pick up Maddox.

When Jacque didn't return home that evening, I called the police, a feeling of dread in the pit of my stomach.

The next day, officers discovered a blood-splattered rug in Clay's attic.

DNA tests confirmed it was Jacque's blood but, incredibly, this wasn't enough to arrest Clay for her murder. 'Without a body, there's nothing we can do,' they told us.

We made the agonising decision to break the news to the triplets.

'You know Mummy's been missing?' I said, as they crowded round.

'Yes,' they chorused.

'Well in my heart I feel she's gone to Heaven,' I told them, fighting back tears.

Avery was sat on my lap, and I felt her dainty little fingers - so like Jacque's - stroke the back of my neck.

Maddox ran to grab his mum's fleece jacket and held it to his face, sobbing wildly.

Two-and-a-half years later Clay finally admitted to Jacque's murder.

Confessing to police, he described how, on the day she'd come to pick up Maddox (who he'd sent to visit a friend), he'd grabbed her round the neck and pinned her to the floor.

He squeezed the last breath from her, stuffed her

body into a bin bag and hauled it into his boat.

He took her to Devils Island, on the Mississippi River, and buried her in a grave he'd dug weeks before.

Knowing there would be a court case, I gently explained to the children - still only seven - that it was their dad who had killed Mummy.

They were shocked, heartbroken and angry.

Maddox, who looks just like his father, says he'll never speak to him again, while Avery says she hopes he stays in jail 'forever.'

Addison, the tallest of the three, refuses to believe her daddy is a murderer.

On 6 June 2013, Clay was finally sentenced to 20 years in prison.

We've now adopted the children, and they're slowly learning to accept life without their mother.

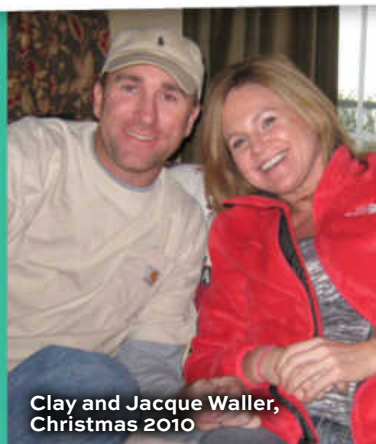
We know that nothing can compare to the love of their mum, but we're trying our utmost to give the triplets the best upbringing possible.

They're getting on well at school now, are busy playing sports at weekends, and seem happy living in our big family home.

I only hope I've done my lovely sister proud.

WORDS: CYNTHIA VICE ACOSTA AND FRANCES LEATE

THE VICIOUS HUSBAND



Clay and Jacque Waller, Christmas 2010



In 2013 Waller was found guilty of Jacque's murder

MAKE WAY FOR THE LATEST COMPLEXION PLEASERS. HOW DID WE LIVE WITHOUT THEM?

The inbetweeners

GREAT FOR MAKING YOUR SKINCARE WORK HARDER

Serums were first championed for their quick-to-sink-in antioxidant formulas. Now 'treatment' lotions, a new step after cleansing, take this to the next level.

TO QUENCH YOUR SKIN'S THIRST

'Most products use molecules that are too large to absorb,' says Brandon Truaxe, founder of Deciem which created **Hylamide Low-Molecular HA Booster, £18**. To answer this problem, its liquid formula penetrates the skin at three different levels. Hyaluronic acid is the go-to ingredient for dehydration and

this has a whopping five variants of it!

TO BRIGHTEN

'**Kiehl's Activating Treatment Essence, £36**, creates a healthier complexion that allows for better absorption of additional anti-ageing products,' says Dr Geoff Genesky, Kiehl's Laboratory's Head of Research and Innovation. Its lipo-hydroxy acid, which helps get rid of dead skin cells, is absorbed into skin easier. After cleansing, but before you tone, soak a cotton pad and wipe around your face, avoiding your eyes. Follow with your normal serum and moisturiser.



The PP cream

GREAT AS A MULTITASKING BASE

Before you roll your eyes at another alphabet cream, listen up. Korean brand Erborian has created **Pink Perfect Crème, £34**, to take the place of a moisturiser and primer in one go. 'Women love to have a fresh dewy look,' explains Erborian co-founder Katalin Berenyi. 'This gives way to a new generation of hybrid products.' The pink colour blends in to add a natural glow and the pumpkin seed oil regulates sebum production so you've less chance of breakouts.



The night-time revivers

GREAT FOR REPAIRING TIRED FACES

Most ingredients work best between midnight and 1am, when the skin's repair mechanisms are at their peak. Exfoliating acids and plant oils penetrate the epidermis better without any SPF and make-up present. If night creams are too heavy, try a lighter texture.

TO BOOST ALL TYPES

Vichy's **Idealia Skin Sleep, £26.50**, mimics a good night's kip with its brightening and hydrating acids, all in a lightweight gel-textured cream.

TO EXFOLIATE

Origins High Potency Night-A-Mins Skin Refining Face Oil, £35, has plant oils that make light work of dead skin cells so you'll wake up brighter.



ANTI-AGE

skin solution

The skin spray

GREAT FOR BLITZING BLEMISHES



Zinc has been used for years as a natural skin mattifier, mopping up excess sebum, but **La Roche Posay Serozinc**, £8.50, is a new concept in delivering the ingredient to the skin.

Similar to a water spray, the fine mist has a refreshing effect, too. Apply, leave for a minute then dab off the excess with a tissue before applying an oil-free moisturiser.

ING

S

THE NEXT GENERATION

Clever cover ups

GREAT FOR DULL SKIN TONE

As we get older an imbalance of pigment activity can lead to losing your glow, so Perricone MD invented No Makeup Makeup. Rather than merely acting as a temporary shield, it fuses skincare and cosmetics to get instant results associated with makeup while treating your complexion at the same time. Their **No Foundation Foundation**, £45, contains antioxidant alpha lipoic acid to kick-start healthy skin cell function, so you'll look like you... but better!



best DRESSED

YOUR WEEKLY
STYLE FIX

Discover your perfect bra wardrobe!



We caught up with Ultimo's Michelle Mone to learn a few of her underwear secrets

SIZE MATTERS

It sounds obvious, but the correct fit will make a world of difference to how you look and feel. If you've been wearing the same bra for years, chances are it no longer fits, so go get measured. You should also get a fitting each time you try a different brand, as the size will vary quite a bit. If your bust fluctuates when you're hormonal, I'd recommend getting a different-sized bra for that time.

THE FOUR DIFFERENT STYLES

A bra can make or break an outfit, and it's worth investing in a variety of designs to complement the clothes you're wearing.

T-SHIRT Smooth and seam-free, this is perfect to wear under any thin shirts or tops as it gives a smooth, invisible effect.

BALCONY Helps support, lift and shape, which makes it ideal if you want a flattering fuller look.

MULTIWAY Fashion isn't always designed with lingerie in mind, but this versatile style allows you to go strapless, crossover, one-strap or criss-cross, so is well worth having.

PLUNGE If you like to boost your cleavage to the max, this is the style for you.

MICHELLE'S TOP TIP

When you've splashed out on a really fabulous dress, it's a shame to let your bra ruin the appearance. If you need to shop for new underwear, take the dress with you – that way you'll get to see the overall look and avoid making a costly mistake.

The One Orla Bra, 32-36 a-e; 38 b-dd, £24-£30; The One Orla brief, 18-18, £12-£14, both by Ultimo



SHOP THE STYLE

T-SHIRT

32-38 a-e, £22.50, M&S



BALCONY

32-38 a-d, £15, Tu at Sainsbury's



MULTIWAY

30-38 a-dd, £27, Ultimo



PLUNGE

32-38 a-e, £22.50, Debenhams



Kate's comfy casuals



The Duchess of Cambridge relies on a pair of Sebago Bala boat shoes when she feels like giving her heels a day off.

Pick up her exact pair for £89.99 from sebago.com, or check out these great-value alternatives...

£59, Hotter



£69, Dune



£30, Very





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A photograph of two women, one with long blonde hair and one with short dark hair, laughing together on a white bridge railing. The woman on the left is wearing a purple top, and the woman on the right is wearing a mustard yellow blazer over a white top.

SENSITIVE BLADDER?

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*Compared to the leading brand, percentage varies across line-up.

**Based on average consumer loading.

†377 UK shoppers surveyed, Sep '14 - Jan '15